

APPENDIX A – PPS Focus Group Question Guide

1. 'Quality of life' is often used as a measurement to discuss well-being of individuals and society, as an individual aging with PPS. What does quality of life mean to you?
 - a. From your perspective, what are the features contributing to quality of life?
 - b. Do your views of quality of life change as you grow older?
 - c. Would you say that your views of quality of life differ from those growing older without PPS?
 - d. Have your experiences of aging with PPS influenced your understanding of what constitutes quality of life?
2. In your life, what are examples of factors that enable you to maintain a higher quality of life (i.e. access to assistive technology and/or home modifications to remain independent, transportation to participate in community activities, etc.)?
 - a. As an individual, what factors contribute to your high quality of life?
 - b. What environmental or societal supports contribute to your high quality of life?
 - c. Are there any barriers (environmental, financial, etc.) preventing affecting factors that influence your quality of life due to disability associated with PPS?
3. If there was one thing you could change to improve your quality of life, what would it be?
 - a. Health conditions aside, what would you change to improve your quality of life?
4. How would you compare your quality of life with others around your age (including spouses, family members, etc.) who do not have PPS?
 - a. Previous research has found that individuals growing older with chronic conditions such as PPS are more positive and resilient versus individuals who experience disability with age. Do you agree with this?
5. What publicly available programs/services/supports in the community do you use that contribute to your quality of life?
 - a. When accessing these programs/services/supports do your needs differ from those (now or in the past?) aging into disability?
 - b. Do you access any community-based programs/services/supports specifically geared towards older adults?
6. How might the programs/services/support be improved to support your needs and improve you quality of life?
 - a. How might programs/services/support be adapted to suit your needs as a person with PPS?